

Communication & Self-Advocacy: Role-Play Scenarios

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will practice clear, respectful communication and self-advocacy skills through structured role-play scenarios.

MATERIALS NEEDED

- index cards
- pen
- a family member or friend to role-play with

HANDS-ON ACTIVITY

1. Write 4 realistic scenarios that require self-advocacy, such as asking a teacher for help, telling a friend a comment hurt your feelings, or negotiating a later curfew respectfully.
2. For each scenario, write down 2-3 key phrases using 'I' statements, such as 'I feel... when... because...,' that would communicate the need clearly and respectfully.
3. Role-play at least 2 of the 4 scenarios out loud with a family member, taking turns being the advocate and the other person.
4. After each role-play, ask your partner for one piece of feedback on your tone, clarity, or body language, and write it down.
5. Revise one of your 'I' statement scripts based on the feedback you received.

QUESTIONS

1. What is an 'I statement,' and give an example from one of your scenarios.
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2. Why are 'I statements' generally more effective than 'you' statements, such as 'You never listen to me,' in difficult conversations?
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3. What feedback did your role-play partner give you, and how did you revise your script based on it?
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4. Describe a real situation, not from this activity, where self-advocacy could help you.
